PoccoChecker

Subcutaneous Fat Checker

Thank you very much for buying our product of subcutaneous fat checker. Please read the instructions carefully before first using the product, and keep this manual well.

This package contains

- PoccoChecker Unit
- Strap
- AA Micro Batteries 1,5V LR03 x2pcs
- PoccoChecker User Manual engl.

IMPORTANT NOTICE

To assure the correct use of this unit, basic safety measures should belisted below including SAFETY PRECAUTIONS and WARNING.

⚠ SAFETY PRECAUTIONS!	Persons with implanted electrical medical equipment, such as a pacemaker, should not use the POCCO.
⚠ WARNING!	Consult your physician or professional healthcare advisor before starting weight reduction or exercise program.

Warnings

The Pocco is not a medical equipment. Pocco is not manufactured for the purpose of any kind of medical practice. You must protect the device from moisture, dust and agressive fluids. The unit is not waterproof and not shockproof. Avoid excessive pressure. Improper operation may result in fire. Use the device only indoors in good lighting. Other conditions can cause inaccurate readings. When removing batteries are stored history data are automatically deleted!

Warranty

For errors or ambiguities can often help a knowledgeable conversation. Therefore, please first contact at your store. If you need to send the device anyway, send it, stating the defect with the purchase receipt to the smoke trend GmbH In Pocco products you receive from date of purchase for a period of 24 months. The warranty applies only to manufacturing and material defects. All details of the warranty can be found on our website.

Contact

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Product Description

The PoccoChecker is a portable body fat meter for identification and classification of subcutaneous fat thickness on the human. The body fat level is indicated both in millimeters and percent. After entering the sex, and body size and weight, the device is automatically detected within a few seconds also the BMI value and the body temperature. How can the success of a sports program and / or a diet or eating habits make them particularly quickly visible. Problem areas are identified more quickly.

Eigenschaften

- Very fast measurement of subcutaneous fat
- Display of body fat thickness in mm and percentage
- Measuring the skin temperature (° C / F)
- Calculation of the BMI value
- BMI classification / analysis in 5 steps
- Notes by acoustic signals (beeps)
- Color: white, gray, pink
- High quality appliances and packaging design

Technische Daten

Device: Portable Body Fat Monitor
The measuring principle: refect of near infrared ray
Measuring range of subcutaneous fat: 0-99.9mm
Display screen: LCD with 2 separations
Standby after 60 sec, reactivation by pressing
Temperature measuring range: 30 to 42.9 degrees Celsius
Power supply: AA Micro Batteries 1,5V LR03 x2pcs
BMI Adjustment ranges: age 10-80 years,
Height: 100-210 cm / ft, Weight 10-150 kg / lb
Battery power consumption: 0.25 W Max
Battery range: about 10.000 measurements
Weight: 85g (incl. batteries)
Maße: (LxBxT) 120x50x20 mm
Zertifikate: CE, ROHS

Deviating Data

In the following cases, the measured data may vary:
In children in the growth phase, the elderly, persons with fever, body builders and athletes, patients with osteoporosis, as well as pregnant women. In menopausal or menopausal women, those with swelling, patients on dialysis, patients with keloid or heart disease.

Requirements for Accurate Measurements

Measured results depend on the conditions of the skin surface. Sweating after exercise, fat and moisture after a bath can lead to inaccurate measurements. Too many body hair can provide erroneous measurements.

PoccoChecker

USER MANUAL

■ Turn on the Device

1. Open the battery compartment on the back of the device. Insert 2 Micro 3A batteries.

2. The device is now activated. Press the SET key for more than 3 seconds.

3.) To select by arrow keys as the temperature is displayed in Celsius or Fahrenheit.

Press the SET button again to confirm.

4. Select how the body size to be displayed in CM (centimeters) or FT (feet).
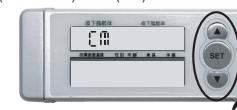
Press the SET button again to confirm.

5. Select how the body weight should be displayed in kg (kilograms) or Lb (pounds).
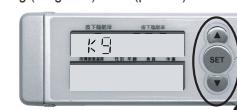
Press the SET button again to confirm.

■ BMI Entering Personal Data

■ Structure of the Device

Subcutaneous fat in mm — Subcutaneous fat in % — UP — eyelet for strap — SET Taste — Down — eyelet for strap
Sensors — Body Temperature — Body-Mass-Index
Sensor Protection Cover
Battery Compartment Cover
Light Sensor
Fat Sensors
Temperature Sensor

Before using the device, please remove sensor dust cover!
When not in use for protection panel back!

■ Perform Measurement

1.) After the unit is turned on (see the unit into operation point 1-5), hold it with the sensor side to the skin surface of the body to be measured point.
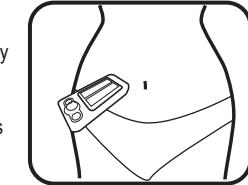
2.) The measurement starts automatically with a beep.

3.) After a double beep? Measurement is complete.

4.) The LCD displays the following data.The thickness of subcutaneous fat, as measured in millimeters (mm), and percent (%), and the skin temperature value and the calculated BMI.

| 6. BMI Calculation / Classification is automatically displayed in 5 levels on the display.		1 Strong Underweight (<10)
	1 2 3 4 5	2 Underweight (10-18.4)
		3 Normal Weight (18.5- 24.9)
		4 Overweight (25-29.9)
		5 Extreme Obesity (>30)

The body mass index is shown after entering your personal data in the lower display. Age and weight are not displayed.

1.) Press the SET button over 3 seconds when unit is power on.

2.) Select Female or Male and press SET button again.

3.) Set your age (Up and Down button) and press SET button again.

4.) Set your height (Up and Down button) and press Set button again.

5.) Set your weight (Up and Down button and press SET button again.

Note! The unit turns on when idle after 60 seconds in the standby mode (power saving feature). It sounds before a short tone (beep).

Information

Body Fat (subcutaneous fat)

Subcutaneous fat is the fat or adipose tissue, which is located directly under the skin layers. It is therefore also known as subcutaneous fat. The subcutaneous fat contains not only fat tissue, but also nerves and blood vessels that supply the skin with oxygen. The human body needs to survive a certain amount of fat. Unfortunately, our modern lifestyles often lead to excessively high storage of body fat. This is not only unsightly, but also poses serious risks to health. What percentage of body fat may be optimal depends on various factors such as age, gender and body type.

Recommended body fat values

In the following table you will find a comparison of subcutaneous body fat values, sorted by age, sex and different measuring points. The body fat values are reference values specified by the manufacturer, which were determined specifically with the mobile Pocco body fat measuring devices. Since there currently is no recognized benchmarks yet, this 100 subjects were selected and calculated the average amount of your partial subcutaneous fat.

Sex	Male		(mm)	Female		(mm)
Generation	Around arm	Around leg	Around belly	Around arm	Around leg	Around belly
20-29	10-20	12-22	10-20	14-24	16-26	14-24
30-39	12-22	14-24	18-28	16-26	18-28	22-32
40-49	14-24	18-28	20-30	18-28	22-32	24-34
50-59	12-22	14-24	18-28	16-26	18-28	22-32

Important!
People measure more than 30 mm on the arm, leg and about 34 mm at more than 36 mm on the belly, might be at increased health risk. To protect your health, please consult a doctor.

BMI Classification - Analysis

The body mass index (BMI) of a person rated the body weight in relation to body size.

sex	age	low (BMI<18.5)	nomal (BMI18.5-25.0)	high (BMI >25.0-30.0)	very high (BMI>=30)
female	20-39	<21.0	21.0-32.9	33.8-38.9	>=39.0
	40-59	<23.0	23.0-33.9	34.0-39.9	>=40.0
	60-79	<24.0	24.0-35.9	36.0-41.9	>=42.0
male	20-39	<8.0	8.0-19.9	20.0-24.9	>=25.0
	40-59	<11.0	11.0-21.9	22.0-27.9	>=28.0
	60-79	<13.0	13.0-24.9	25.0-29.9	>=30.0

Table Legend: (<less than) (> greater than) (= Equal)   Source: Based on WHO guidelines for BMI

BMI Classification - According to the WHO Definition

BMI	below 18.5	18.5 to 25.0	about 25.0 to 30.0	about 30.0
WHO Classification	underweight	normal Weight	overweight	Extreme obesity

Source : Metabolic parameters by grade of obesity defined by WHO expert committee

BMI Classification - Pocco Configuration (device settings)

BMI	below 10.0	10.0 to 18.4	18.5 to 24.9	25.0 to 29.9	about 30.0
Pocco classification	Strong underweight	underweight	normal Weight	overweight	Extreme obesity

Measure it properly!

The PoccoChecker measures all parts of the body contain body fat. For an accurate measurement result note the following!

1.) Stand up straight. Hold the device at each measurement angle of 90 °.

2.) Make sure the measuring sensors opaque on the skin surface to be measured-rest area.

3.) If no measurement is performed, select an adjacent part of the body and / or change the lighting conditions and the pressure intensity.

4.) Please only use the machine indoors with adequate lighting.Direct sunlight and cloud cover can prevent a measurement.

A) Arm
B) Leg
C) Belly
D) Hip
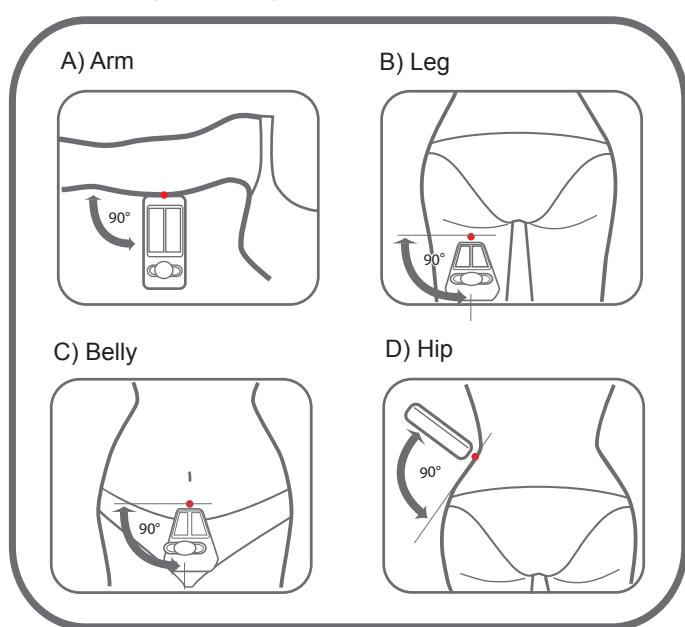
Measurement Conditions

To ensure the accuracy of the data, perform measurements on the same body part, under the same conditions and on every day. Multiple measurements of the same part of the body to be able to compare identical measurement conditions, such as lighting conditions and pressure measurements are required. With pressure measurement, the pressure intensity is meant that the sensor devices to be pressed in the measurement on the skin surface.

Error Messages

In some cases, the device does not recognize the strength of subcutaneous fat, it is "Err" is displayed!
- In the absence of contact with skin or if the measurement is aborted
- In the range there are too many hair, fat and / or moisture
- The measurable range of the skin surface is outside 30 to 42.9 degrees Celsius
- There are other materials except body fat measured

For dry skin measurement is not possible! Use a damp cloth to moisten the skin. For measurements outside the measurement range of 0-99.9 mm no message on the LCD display.

If you have Questions about our Products

Do you have questions about our products? Visit our forum at Pocco www.poccostick.de